

Herbs: Making their way to the forefront



People everywhere are exploring and embracing the value of herbs to help restore harmony and balance, strengthen their immune systems, and more!

The World Health Organization has even adopted a resolution urging governments to integrate traditional remedies — including herbs — into their

national health systems! In addition, studies regarding the health-promoting benefits of herbs, as well as vitamins, minerals and phytonutrients, are appearing more frequently in scientific journals and general media. According to a recent special issue of *Time* magazine, great numbers of people are incorporating herbs into their lives — *and they're seeing results!*

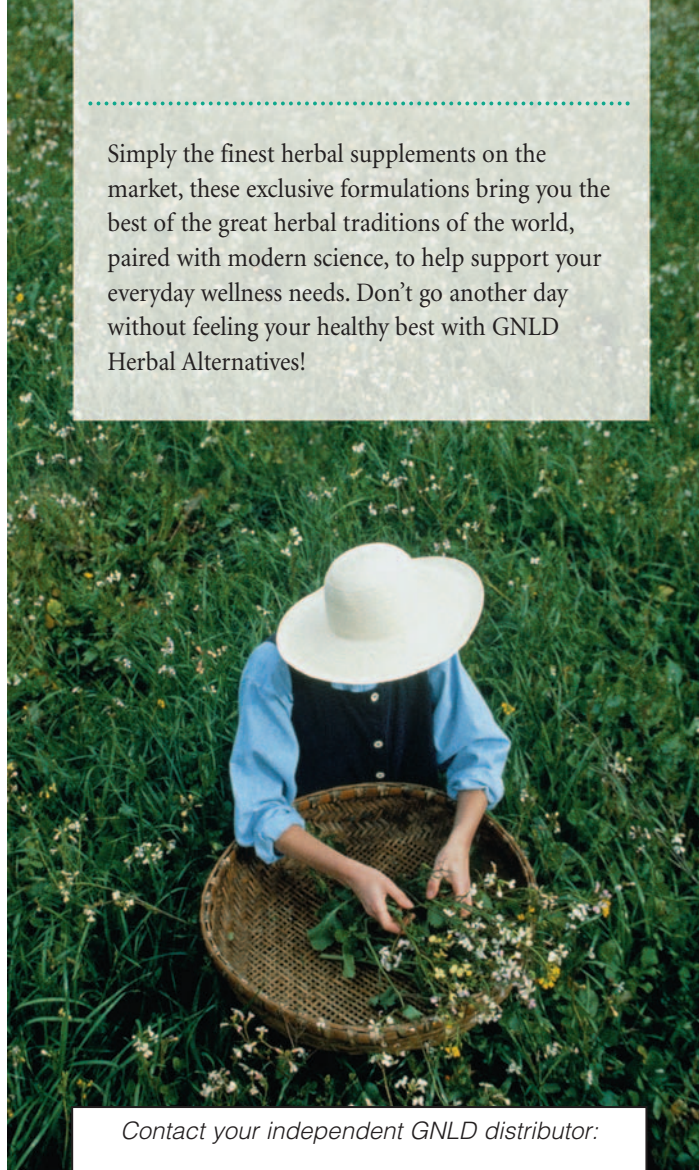
INTRODUCING HERBAL ALTERNATIVES, an exclusive line of revolutionary herbal formulations combining modern science with the best of the world's great herbal traditions, to support everyday wellness.

What's different about GNLD Herbal Alternatives

1. **Exceptionally pure.** Processed without toxic gases, gamma radiation or preservatives.
2. **Exclusive formulas** developed under the guidance of GNLD's Scientific Advisory Board with the assistance of one of the world's foremost medical herbalists.
3. GNLD's superior **3-step extraction process** assures complete extraction of active herbal constituents.
4. Includes **HPLC testing** to assure standardized potency of active ingredients.
5. **Guaranteed** purity, potency and consistency.



Simply the finest herbal supplements on the market, these exclusive formulations bring you the best of the great herbal traditions of the world, paired with modern science, to help support your everyday wellness needs. Don't go another day without feeling your healthy best with GNLD Herbal Alternatives!



Contact your independent GNLD distributor:



PEOPLE EMPOWERING PEOPLE

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Do you feel your best all the time?

Just because you don't have a disease doesn't necessarily mean you're at your healthy best. You may feel fine, but could you feel even better? Of course you seek out a doctor when you're ill or injured, but do you need a

medical professional to have a great day — every day? For generations, both Eastern and Western cultures have relied upon herbal traditions that emerged from the forests, jungles, and ancestral lands of the earth's peoples. Daily wellness, that state of feeling at your best every day, has, for most of human history, been strongly associated with daily use of herbs. Contemporary science now confirms that if you seek to feel your best every day, you should consider the Herbal Alternative.





Feminine Herbal Complex

Women everywhere understand that cyclical complaints and mood swings can challenge feelings of daily wellness. Selected herbs work in harmony to help balance the feminine cycle and help restore wholeness and well-being. Includes:

balance

- **St. John's wort**, shown to promote calmness and relieve low mood.*
- **Red sage, Vitex and wild yam**, to promote physical comfort and vitality.*

Masculine Herbal Complex

Imbalances or disruptions of natural male functions can occur that undermine feelings of wellness and male libido and vitality. Selected herbs work together to support normal masculine function and improve wellness and vitality. Includes:

harmony

- **Saw palmetto**, shown to support prostate health.*
- **Avena sativa**, for renewed physical vitality.*
- **Damiana** a tonic for the nervous system, energizes mood.*

Optimal Life Formula

Healthy people everywhere can experience stress and face environmental toxins that can daily challenge feelings of wellness. Certain herbs can promote immune function, assist cleansing, and act adaptogenically to promote harmony and physiological balance. Includes:

- **Reishi mushroom** for internal cleansing, immune system support, and healthy response to pollen and other common allergens.*
- **Astragalus root** promotes peak performance; supports liver and immune function.*
- **Red sage** for increased general endurance, stamina and strength.*

relaxation



comfort

Herbal Rest & Relax

To help relax the body, one must first "quiet the mind." Appropriate complimentary herbs work together to balance and calm. Experts believe this is essential for true relaxation and/or a good night's sleep. Includes:

- **Lemon balm and passionflower**, shown to promote calm relaxation.*
- **St. John's wort** to promote calmness, relieve low mood, and encourage healthy sleep patterns.*



Herbal Respiratory Formula

A healthy and unrestricted respiratory system, free from allergic reactions, is critical to optimal wellness. Selected herbs work together to support free breathing and normal respiratory function. Includes:

- **Elecampane root**, shown to help promote regular and unrestricted bronchial and pulmonary air flow.*
- **Elder flower** helps fight minor symptoms of allergies and hay fever, and help reduce congestion.*
- **Thyme** helps promote clear, quiet breathing, clear bronchial lining, and reduced congestion.*

calmness

Mind Enhancement Complex

Scientific research confirms the important role herbs play in providing optimal support for mind and body. Specific herbs enhance mental clarity and concentration. Includes:

- **Ginkgo biloba** to support mental focus and function.*
- **Gotu kola** to enhance memory and mental clarity, and lessen effects of fatigue and stress.*

Neo-Lax

Faulty elimination or irregularity can be caused by poor dietary habits, inadequate intake of fiber or lipids, or time pressures that affect regular elimination habits. Neo-Lax helps restore natural elimination safely. Includes:

- **10 herbal extracts** provide fast relief and support regular elimination: Senna, buckthorn, licorice, prune powder, alfalfa, rhubarb, asparagus, anise, culver root and blue maiva.*
- **Mild, natural alternative** to drug-based laxatives. Non-habit-forming.*

Resp-Eleven

A healthy, unobstructed respiratory system is key to optimal wellness. Naturally addresses challenges of the upper respiratory tract, supporting clear sinus passages and free, comfortable breathing. Includes:

- **11 herbal components** work together to promote respiratory health: horseradish, pleurisy root, fenugreek, capsicum, hyssop, bee pollen, slippery elm, thyme, yerba santa, alfalfa, molasses.*

wellness



Vitality Aloe Vera Plus

Offering a soothing solution to the unavoidable stress of daily life, Vitality Aloe Vera Plus refreshes and re-energizes the body, naturally.



- **Only the finest Aloe** is subjected to GNLD's "Gel Only" filleting process, which maximizes natural botanical health promoting properties while avoiding undesirables found in whole-leaf aloe.
- Special **Herbal Tea Blend**-including Siberian ginseng, "nature's energizer," plus chamomile and passionflower to calm and relax—with **natural lemon flavor**, and **only 16 calories per 2 oz. serving!**
- Each serving provides **170% of the Daily Value for vitamin C!**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.